



Wing Tips

108th Air Refueling Wing
New Jersey Air National Guard

November/December 2004 Volume 4 Issue 11



AFROTC Grad?

Are you an Air Force ROTC graduate looking to get involved with the Recruiting and Retention activities with the 108th? The R & R Team is looking for grads to “adopt” one of the many local colleges and universities. Here’s your chance to re-connect to your cadet days and be back on campus! If this sounds like something you would be interested in, drop us a line at pa.108arw@njmcgu.af.mil or call the public affairs office at 609-754-4173.

Winter coat drive

The 108th Enlisted Council is proud to sponsor a WINTER COAT DRIVE taking place from November thru the end of January. In the spirit of the holiday season please donate clean and serviceable winter coats, scarves, hats and gloves. All donations will be given to the Salvation Army of Burlington County. Donation bins are located in Bldgs. 3327, 3324, 3390, 3369 and Hangar 3333. For more information on this drive please contact Staff Sgt. Matt Johnson, Enlisted Council President. Please help us help others.

Free childcare

Free childcare is available for the UTAs. This childcare is provided by certified in-home providers on McGuire AFB and Fort Dix. For more information or to register contact the Family Child Care Coordinator at 609-754-5458.

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Photo by Senior Airman Elizabeth Sheetz

108th hosts Tops in Blue

By Senior Airman Jared Whalen
108th Logistics Readiness Squadron

The 108th Air Refueling Wing recently had the honor of hosting the Tops in Blue, an all-active duty U.S. Air Force special unit made up of talented amateur performers also known as the Air Forces’ Expeditionary Entertainers.

Tops in Blue, founded in 1953 by Major Al Reilly (now a retired Col.), began as a talent show to recognize the Air Force’s most talented Airmen in categories ranging from comedy to singing and dancing. Under Maj. Reilly’s direction Tops in Blue was formed. Since their assembly in ’53, the many talented entertainers have performed over 7,000 shows worldwide and have featured

more than 1,700 Airmen of various ranks and duty titles.

The group consist of 35 “best of the best” performers who all seem to share the same view on what inspired them to become a member of Tops in Blue. It is best put by one of McGuire’s own, Airman 1st Class David Weaver, “I love performing and the Air Force so I put two and two together, plus I get a chance to see the world.”

If you have a dream of being part of the world-renown Tops in Blue or just want to learn more about them and their performance schedule, visit their web site at www.topsinblue.com.

Commander's Column

By Lt. Col. Robert Meyer
108th Mission Support Group

AEF's. IGX's. UCI's. Deployments. Work commitments. Family commitments. Doing more with less. The list goes on and on. I'm sure this sounds like a familiar tune to everyone. It's no wonder a great many of us are overwhelmed with stress. The toll it takes on folks can be significant. The once firm lines of demarcation between work and personal issues have blurred. Let's face it, what goes on personally can impact work. What goes on at work can impact an individual's personal life.

With that being said, there can be a decrease in organizational productivity. As supervisors and leaders, it's our responsibility to provide a work environment that allows our people an opportunity to perform at their personal best. If we fail to deliver, people aren't working to their potential and ultimately the organization suffers. By nature, we want to help people maximize their performance, enhance morale and increase their productivity. There are many things that remain out of our control, but here are few suggestions that are within the control of every supervisor and leader within our organization. The amount of information on this subject is overwhelming, but by concentrating on some of these seemingly obvious suggestions we can help our people better cope with the many stressors facing us today.

Treat your people with dignity and respect.

Regardless of position, status, time in the unit, gender, or ethnicity, your people deserve your utmost respect. Care about them and show them you care. Convey this through your actions and policies. Be consistent. Help them to always know their value. Keep in mind that each individual's efforts are what make the 108th ARW thrive. Without them, we cannot be a successful organization.

Communicate changes and decisions.

As we all know, mission requirements change on a daily basis. The changes need to be communicated to your



Photo by Senior Master Sgt. Ray Knox

people frequently. They need to understand how and what they do on a daily basis is affected by these changes. They need to know what they need to do to adjust. Use all appropriate avenues of communication to keep your people informed.

Include your people in decision-making.

The more people are involved in making decisions, the greater the ownership they feel regarding the outcome. They're more willing to take necessary actions for

carrying out the decision. Your people have great ideas. Reward them for thinking outside of the box and for their organizational contributions.

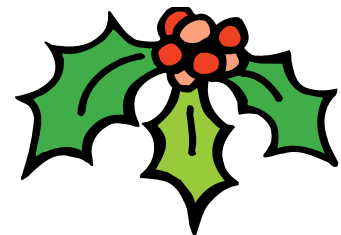
Set reasonable expectations.

There's much to be done every day. There's pressure to respond quicker than the day before. Be reasonable about what you expect from your people. Communicate clearly what you need and want and in what time frame you expect them to deliver. Ask what's on their plate before giving them additional work.

Communicate priorities.

Your people need to know what's most important to the organization. Be very clear about the priorities. Your people can then make sound choices about what work needs to be accomplished first. When priorities change, and they often do, notify your people immediately. Keep those lines of communication open.

See "Stress" - Page 7



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Odds and Ends

Wing Staff Holiday Party

The 2004 Wing Staff Holiday Party will be held on December 11 at Carlucci's Waterfront, 876 Centerton Road, Mount Laurel, NJ. Cocktails and Hors d'oeuvres at 6 p.m. and dinner will be served at 7 p.m. The cost per person is \$35. Make all checks payable to the 108th Morale Fund and be sure to include your name, number of guests, your main entree selection and a contact number. Please R.S.V.P. by Sunday November 21st.

Retirees - Do you want to receive GuardLife?

Are you a retired member of the New Jersey National Guard, or do you know someone who would like to receive GuardLife magazine, the magazine of the N.J. National Guard? If so, please e-mail the following information to barbara.harbison@njdmava.state.nj.us: Retired Rank, First Name, Last Name, Street Address, City, State and Zip Code.

Operation Career Front

The Home Depot Company announced the launch of Operation Career Front at a press conference with Secretary of Labor, Elaine Chao, Secretary of Veterans Affairs Anthony Principi, and Under Secretary of Defense for Personnel and Readiness David Chug.

Operation Career Front is an initiative by Home Depot to hire 10,000 veterans, separating and retiring service members, National Guard and Reservists and military spouses. For more information about this program go to http://www.nbpjobs.org/HOMEDEPOT/home_depot.asp.

Wing Tips deadlines

The deadline for January *Wing Tips* is Jan. 1. Articles and photos should be e-mailed to: pa.108arw@njmcgu.af.mil. Please ensure and send the raw file. Articles must be in MicroSoft Word format. Deadline for February *Wing Tips* is Feb. 7 and March *Wing Tips* is Feb 22.

Wing Tips is now accessible to unit members, retirees and the public on three different Web sites.

It will be placed on the following public Web sites – <http://groups.yahoo.com/group/mcguireairguardians> and <http://www.108arw.af.mil>.

Printed color copies will be distributed to buildings 3305, 3306, 3324, 3333, 3369, 3390 and 1818.

What's happening

November

Nov. 2	Election Day
Nov. 11	Veterans' Day
Nov. 25	Thanksgiving

December

Dec. 7	Japan attacked Pearl Harbor
Dec. 8-15	Hanukkah
Dec. 21	Winter begins
Dec. 25	Christmas

January

Jan. 1	New Years Day
Jan. 17	Martin Luther King Jr.'s Birthday

Condolences

It with deep regret that we announce the passing of Chaplain, Lt. Col. Thomas Klaasen. Ch. Klaasen, an avid rock-climber, was seriously injured while rock-climbing on Saturday, Nov. 6th. He passed away at a hospital in Poughkeepsie, New York, on Nov. 9th. He will be greatly missed by all of his extended family here at the 108th.

His family has asked that in lieu of cards and flowers that a donation be made to the Eastern Christian Children's Retreat where he was a devoted volunteer.

Eastern Christian Children's Retreat
700 Mountain Avenue
Wyckoff, NJ 07481

Commissary Scholarship

The fifth year of Scholarships for Military Children is now underway. Administered by Fisher House Foundation and funded by the manufacturers and industry supporting commissaries, the program has awarded over \$3 million through nearly 2,000 scholarships to the unmarried children under the age of 21 (23 if enrolled in school) of active duty service members, Guard and Reserve members, and military retirees. Applications, eligibility requirements, and other information for the 2005 program are available at commissaries or online at <http://www.commissaries.com>. The deadline for filing your application is February 16, 2005.

10 ways to dazzle the IG during an inspection

By Brig. Gen. Mark R. Zamzow
Inspector General
Air Mobility Command

What you consider as your worst nightmare is coming to fruition: The Inspector General is coming to your unit to conduct a periodic readiness or compliance inspection!

Apprehension, worry, fear, anxiety and tension float through the wing like a thick fog as questions arise in everyone's minds: What will the IG team expect of me? What will they focus on? Are those "black hat" inspectors going to intentionally intimidate me? Is there enough time to prepare? What happens if we bust? What do we need to do to succeed? Help!

Wait a second! Rewind the tape and let's take another look at this. Is the IG's visit really a nightmare, or is it a blessing in disguise?

Everyone in today's Air Force needs to realize that a routine inspection of any type is, in fact, a good thing, an *opportunity*, a chance to:

- Conduct a detailed scrub of your regulatory compliance and mission capabilities.
- Identify and fix discrepancies, problems and weaknesses.
- Improve morale and teamwork by rallying your folks behind a common near term objective.
- Demonstrate your unit's ability to support

the warfighter.

-Validate just how good your unit really is!

In the months prior to the big inspection, units should educate their folks on the rationale and positive reasons behind it, motivate them to dig deep into their processes and procedures, train extensively to ensure everyone is up to

...grab that inspector by the collar and say, "Follow me—I want to *show off* exactly why my unit and our people are *outstanding*!"

standards, and fix all the things that are weak or broken.

As part of this process, it is critical that a thorough self-inspection (beyond routinely scheduled self-inspections) be conducted. This will sometimes illuminate more flaws in the armor than you ever imagined!

Here's another good preparation technique for leadership: Use the IG as an *excuse* to buckle down and get folks re-energized about ensuring compliance and improving readiness. The "aura" of the IG coming to town *can* be used to your advantage!

You should never forget that all the answers about the way things should be

done are already out there in the form of laws, Air Force instructions, policy letters, operating instructions, technical orders, self-inspection checklists and more. Consequently, inspections really are "open book tests" right up to the time the inspector sets foot on your installation.

Additionally, don't forget that up to the time the IG team arrives, they really act as a "white hat" organization. In case you've forgotten, the IG is comprised of top tier functional experts who want to help you prepare for and pass your inspection with flying colors.

The IG team also wants units to know their expectations about the inspections, so there shouldn't be any surprises. Therefore, folks should still always feel free to call the IG office, find the functional inspector who has the expertise on the subject you'd like to discuss, and ask those questions.

The IG wants you to succeed because it helps our Air Force sustain the highest readiness levels possible—that's the business we're all in! (Note: It also makes our job easier when units are on top of their game!)

Now, with that inspection preparation

See "UCT" - Page 8

November Is

Military Family Month

Military Family Week 21 – 27 November 2004

This is a great opportunity to focus on the valuable contributions that families make to our nation and it offers a chance for you to express your appreciation for the sacrifices, dedication, love and support your family has provided to their hero in uniform. How about giving your family a Certificate of Appreciation?

Stop by or contact the Family Readiness Center and place a request for your family's own certificate. All that is needed is your name, squadron and a duty phone, please allow one week for your certificate to be prepared. What a great way to show them how much they mean to you!

For more information please contact: the 108th Air Refueling Wing Family Readiness Center.

Family the Core of our Readiness!

"Dear Santa"

Your children can send a letter to Santa and get a reply too! Send little Billy's and Susie's "Dear Santa" letters to: Santa's Mailbag, 354th OSS/OSW 2827 Flightline Ave. Suite 100B Eielson AFB, AK 99702-1520

All letters must be received my mid-December to ensure a response from Santa by Christmas. Children whose letters arrive too late will receive a special after Christmas letter from Santa.

TRICARE National Guard Family Demonstration Benefit Extended

To ensure continuity of care for family members of the 163,000 National Guard and Reserve personnel called to active duty for more than 30 days in support of federal contingency operations, the Department of Defense Military Health System has extended the TRICARE Reserve Family Demonstration Project for an additional year. The demonstration has been extended to Nov. 1, 2005.

TRICARE eligibility for these family members begins the day the sponsor is activated if mobilization orders are for more than 30 days. National Guard and Reserve family members may use TRICARE Prime, a benefit that has no co-payments or cost shares, if it is available in the area where they live; or they may use TRICARE Standard or Extra. Under the demonstration, for Reserve and Guard families using TRICARE Extra or Standard, the TRICARE annual deductible, \$150 per individual or \$300 per family (\$50/\$150 for E4's and below) is waived. Waiving the deductible helps family members who may have already paid an annual deductible under their civilian health plan avoid any further undue financial hardships.

The demonstration also waives the non-availability statement (NAS) pre-authorization requirement for non-emergency inpatient care at a civilian hospital and authorizes payment by TRICARE to non-participating providers of up to 115 percent of

the TRICARE maximum allowable charge, enabling National Guard and Reserve family members continuity of care with their civilian providers.

Up-to-date information on the TRICARE benefit for members of the National Guard and Reserves and their family members is available on the TRICARE Web site at <http://www.tricare.osd.mil/reserve/>.

Change to dental sick call procedures

Your time is valuable as a member of Team McGuire. In an effort to better meet customer needs, we are changing our daily sick-call to a by-appointment system. We're doing away with the old "hurry up and wait" routine; no more showing up at 7:30 a.m. or 1:00 p.m. then waiting up to an hour to be seen if the day is very busy. When you have an acute need (toothache, broken tooth, post-surgical complication, trauma, etc.), just call the Dental Clinic at 609-754-3786. A technician will ask you a few questions in order to give the doctor a better idea of your situation and give you an appointed time to come in. You'll still be seen same-day for urgent needs. If you have questions, please call us at 609-754-3786.

Front and Center

Name: Harvey Yorker
Rank: Lt. Col.
Time in service: 18 years in the Air National Guard
Job in the 108th: Physician
Job in the civilian world: Urologist
Family: Wife - Bonnie, Children - Scott, Todd, Marc
Favorite food: Crabs
Favorite movie: *Patton*
Favorite actor: Tom Hanks
Favorite TV show: *60 Minutes*
Favorite book: Biography: Colin Powell
Favorite music artist: Elvis Presley
Favorite sport: Football
What I do with my spare time: Play woodwind instruments
Person I most look up to: General Schwarzkopf
Dream vacation: Israel
Dream car: Cadillac
My goal is: To retire and relax
Words I live by: Work hard / play hard
Pet Peeve: Staying beyond the time of dismissal if there is nothing being done at that time
If I were commander for the day I would: Encourage more military and medical training



Courtesy photo

Boom Box



Courtesy Photo

Chief of Staff of the Air Force, General John Jumper, poses for a quick photograph with Staff Sergeants Suzana Lacomia, 108 ARW Chaplain's Assistant and John Lacomia, 108 ARW Historian, at the re-dedication of the Air Force Museum. It is now the National Museum of the Air Force. The ceremony to rename the museum took place on October 14, 2004.



Photo by Master Sgt. Frank Beltran-Bell

Senior Master Sgt. Shawn Jones, 108th ARW, re-enlists for three more years on November 2, 2004. Lt. Col. Bagby does the honors and administers the Oath of Enlistment. Sgt. Jones is all smiles...must be those re-enlistment gifts.



Photos by Chief Master Sgt. (Ret) Craig Czarnecki

A ceremony was held at the Heritage Center on 23 October 2004 to present the Chief Master Sergeant Henry "J" Awards to deserving recipients. The Henry "J" Award is presented to a member of the 108th ARW for outstanding performance during the year, leadership on and off the job, significant self-improvement, and articulate and positive representation of the Air National Guard among other personal accomplishments. Winners received a plaque and a \$500.00 U.S. Savings Bond. Congratulations to the following winners pictured above from left to right:

2004 Outstanding Airman	Senior Airman John Sidorek, 108 th LRS
2004 Outstanding NCO	Tech. Sergeant Rebecca Scaramuzzo, 150 th ARS
2004 Outstanding Senior NCO	Senior Master Sgt. Robert Dempsey, 108 th MXG

Exercise Regularly.

Although it's the last item mentioned, I feel it's perhaps one of the most important. It's a proven fact that exercising is an effective way to help you achieve peak performance, reduce stress and avoid "burnout". Make it a part of your daily routine. Affording yourself time to exercise provides the opportunity to recharge your batteries so to speak. It's good for you and it's good for the organization.

As this holiday season approaches, I'm sure that a lot of us will feel the additional stress of holiday shopping and a few more deadlines. Try employing a few of these suggestions. Hopefully they'll alleviate a few of life's minor irritations.

Any service member mail program suspended

Courtesy of the U.S.A.F. AIM Points

DoD is continuing to indefinitely suspend the 'Any Service-member' mail program and urges the general public not to send unsolicited mail, care packages or donations to military people during the holiday season.

In addition, DoD emphasizes:

- Names and addresses of military people must not be distributed by the media, Web sites, companies, non-profit organizations, schools and individuals for the purpose of collecting letters of support or donations for mailing to service members
- Military people should receive mail only from those friends and family to whom they personally give their address
- Family members should not pass around military addresses for use by donation programs. Unknown mailers could obtain those addresses and mail harmful items to military people.

Americans who don't have family members deployed overseas can use other means to show support during the holidays. For more information on how you can show your support contact the Public Affairs Office at 609-754-4173 or pa.108arw.ang.af.mil.

Influenza Insight

Senior Airman Alex Karas
108th Public Health

Q: What is influenza?

A: Often called "the flu," is caused by the influenza virus, which infects the nose, throat, and lungs.

Q: What are symptoms of the flu?

A: Symptoms of flu include fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Children can have additional symptoms, such as nausea, vomiting, and diarrhea.

Q: Do have a cold or the flu?

A: It is very difficult to distinguish the flu from other viral or bacterial causes of respiratory illnesses on the basis of symptoms alone. A test can confirm that an illness is influenza if the patient is tested within the first two to three days after symptoms begin.

Q: How common is the flu?

A: Last year, out of 130,557 tested only 18% (24,649) individuals were positive.

Q: How do I stay healthy without the flu vaccine?

A: It's all about prevention. Eat healthy on a regular basis, wash your hands as often as possible, cover your mouth and nose, and stay away from people who are already sick.

*Information from Centers for Disease Control (CDC)

If you would like any further insight on influenza, visit the CDC website at: <http://www.cdc.gov/flu>.

Monthly Finance Briefings

By Staff Sgt. Tenisha Schexnayder
108th Finance

October 1, 2004 began our "New Fiscal Year" in the 108th Finance & Accounting Office. In an effort to improve our customer service this year, we will conduct a "Finance Briefing" every Saturday of the UTA weekend. The Finance Briefing for November will be Saturday, November 20th beginning at 10:30 a.m. in the Operations Auditorium. The agenda for the briefing consist of an informational session with varied topics of interest and followed by a Q&A session where the member can ask general questions and submit documents for pay. (Please note that these briefings do not take the place of our finance customer service area, which is always open for your convenience).

These monthly briefings will serve as a platform for the finance office to disseminate important updates, dispel misconceptions and offer the customer an opportunity to submit documents for pay. By conducting such briefings we hope to gain valuable feedback regarding general concerns and issues as they arise.

Your support is vital to the success of this effort. By informing and encouraging your "troops" to attend our briefings, you will be helping the Finance Office to provide better customer service. A proposed subject agenda will be given prior to the drill weekend so you can choose to attend if there is a subject of interest being covered. The subject agenda for this month will include: changes with MyPay, new comers info, and the proper procedures for filing your travel voucher.

Thank you for your time and patience as we strive to provide you with the best customer service, while educating you on all your valued entitlements.

If you have any questions please contact the Finance Office.

“time warp” complete, it is finally time for the real thing: the chance to show those IG toads just how *outstanding* you really are! All those preparations were certainly successful and all you need to do now is establish the right mindset.

Here’s what I call *The 10 Best Ways for Inspection Participants to Dazzle the IG*:

1. **Competence**—Know your job inside and out, and perform those duties to the best of your ability despite the inspection scenario or the inspector’s glare!
2. **Responsiveness**—Show that “sense of urgency” during every waking moment; lean forward in those starting blocks and then realistically propel yourself into every activity.
3. **Attitude**—Display a positive attitude, recognize that enthusiasm is contagious, and that problems always arise in the “fog of war” and can be overcome!
4. **Readiness**—Ensure your personal bags are packed, mobility requirements are current, the paperwork/processes in your work section are in perfect order, and you

have trained effectively so you can infallibly perform your duties in peace and war!

5. **Aggressiveness**—React authoritatively with Ability to Survive and Operate (ATSO) skills in attack scenarios and with Self-Aid and Buddy Care (SABC) in medical emergencies. Effectively continue mission essential activities in all FPCON (Force Protection) levels, and treat inspections and exercises as the real thing.
6. **Appearance**—Look people in the eye, pop that sharp salute, and exceed those standards for uniform, boots and hair!
7. **Safety**—Approach duties with a safety-oriented mindset, know when not to press forward on actions because they’re unsafe, and apply operational risk management (ORM) techniques to accomplish the mission!
8. **Leadership**—Lead by words and actions, formally and informally by motivating, communicating and setting a positive example!
9. **Follower-ship**—Follow taskings and orders quickly and

effectively, employ teambuilding skills, and always keep the “objective” in sight!

10. **Pride**—Visibly exude pride in yourself, your unit, your mission and your base: Looking good, feeling good, being a winner!

If you scan through those 10 items again, you’ll notice those attributes should not only shine through for the IG’s visit, but are integral to the fabric of our Air Force culture as well! Clearly, they apply far beyond inspections as the foundation of “normal ops” every day of the year!

So, in the future, when your unit is under the IG’s inspection microscope, channel that apprehension and fear toward productivity, positive thinking and action.

And, when the inspection starts, grab that inspector by the collar and say, “Follow me—I want to *show off* exactly why my unit and our people are *outstanding*!”

Submit your employer for an ESGR Award

Help your employer get recognition for supporting your service; submit them for on of the following Employer Support of the Guard and Reserve Awards:

- Nominate your employer for the “Patriot” award. The first step in having your employer considered for recognition as an outstanding employer is to submit a “My Boss is a Patriot” award nomination.
- The “Above and Beyond” award is given in limited numbers by state and territory ESGR committees. It recognizes employers at the state and local level who have gone above and beyond the legal requirements for granting leave and providing support for military duty by their employees.
- The “Pro Patria” award is presented annually by each ESGR Committee to the one employer in their state or territory who has provided the most exceptional support of our national defense through leadership

practices and personnel policies that support their employees who serve in the National Guard and Reserve.

- The “Employer Support Freedom” award is ESGR’s most prestigious level of national recognition. The Secretary of Defense presents the Freedom Award annually to the nation’s most supportive employers. The Secretary recognizes up to five employers annually with this award at ceremonies held at the Pentagon in Washington, D.C.

To submit your employer for any of these awards contact the Public Affairs Office at 609-754-4173 or pa.108arw@njm.cgu.af.mil for the nomination package.



AF Spouse Pin Program

The Secretary of the Air Force and the Air Force Chief of Staff recently announced the Air Force Spouse Pin Program. The Air Force Spouse Pin, a blue star cradled in the Air Force symbol, is a contemporary adaptation of a wartime tradition. Beginning with World War I, families hung service flags in their windows to display a blue star for each family member serving in the Armed Forces. Today, the pin is given to the wives and husbands of America’s Airmen and civilians in appreciation of the sacrifices they make for their spouse’s service. This program is available to any Airman who is active duty, Guard or Reserve. In addition, any Air Force civilian employee is eligible to participate. Visit your Guardians of Freedom website at <http://www.yourguardiansoffreedom.com> and follow the instructions to register your spouse and/or employer and order the pin.

Chaplain's Corner

Dimension.

By Chaplain, Col. Alphonse J. Stephenson
Joint Forces Headquarters, Air Component

Being in control of our environment and ourselves is something for which we all strive. Try as we may though, there are major factors throughout our lives beyond our control. Length of life is the most illusive. Would that there was a formula, an equation!

Once a year, most Christian churches need to purchase a Paschal Candle, a huge, date-engraved, ornamented candle used in connection with the Easter liturgy. Church goods suppliers usually begin sending out their advertisements mid January so that orders can be filled in time for the spring holy days.

Purchasing the candle is not only a matter of upholding a tradition, but has a very practical side when considering the choices. How big is the church building? Certainly a small candle would not be seen by worshipper in the last pew of a huge cathedral. Since the candle is used throughout the Easter season and during baptisms and funerals throughout the year as well, one needs to calculate how long the candle will last considering the number of occasions it will be lit. A small chapel used once a week, for example, has no need for a super-duper candle. So the dimensions are advertised:

#0001: 3 ft, 2 ½ inch diameter = 200 hrs

#0002: 4 ft, 3 inch diameter = 325 hrs

#0003: 4 ½ ft, 3 ½...etc, etc, etc...

Wouldn't it be great if life were that predictable? Using the "last four:"

——— 0102: 5'8", 155 lbs = 78 yrs

——— 9621: 6'1", 174 lbs = 73 ½ yrs

——— 7312: 5'10", 212 lbs...etc, etc, etc...

We can exercise, watch our weight, avoid things harmful to us; all this might lengthen our lives to an extent. Just today, I received an e-mail warning me not to microwave food containing animal fat in a plastic container! Gee! That'll help!

The bottom line is that we have no control over the length of our lives. If you really want God to laugh, show Him your appointment book.



If length of life is not within our control as human beings, then what dimensions can I affect?

Depth: How deeply do I wish to live each day? Can my principles affect the world around me at root level?

Width: How wide can my concern be for world stewardship? Can I widen my scope of hospitality towards all creation?

Breadth: How broad are my beliefs of respect and decency towards each interaction I have with the world around me? How can I go beyond self-imposed limitations to make a broad stroke of love and concern for all?

The 108th Air Refueling Wing of the New Jersey Air National Guard has recently endured the loss of one of its beloved members, Chaplain, Lt. Col. Tom Klaasen. Tom loved life **deeply**. His goal was to **widen** his hospitality to all in need. His **broad** interests and quest for knowledge sought to intimately embody all that God has given us to tend. The only factor sorely deficient was his length of days, for which he more than compensated in all the other dimensions of his life. May his memory serve as a reminder to us all to treasure each moment of our day as a gift.

Our prayers and good wishes are with his parents, his wife, Julanna, and his children. His gentleness was a gift from God, a gift Tom shared generously with us all. He will be missed.



Fundraising guidelines

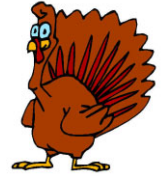
The following information on fundraising was released by the Judge Advocate General's office. If you have any additional questions contact the JAG.

Sales must be done during off-duty hours. The easiest way to do this is dropping an order form with a check in a box and delivering the item to the purchaser during lunch or after duty hours, or setting up a table in a break room during lunch.

Sales must be purely voluntary. No arm-twisting.

You may place a small ad in Wing Tips, perhaps with a link to an off-base (non-.mil) Web site with a picture of the item (i.e. shirt) and an order form. Avoid a flood of e-mails to everyone in the Global address listing. To place an ad in Wing Tips contact Senior Airman Elizabeth Sheetz in the Public Affairs Office at 609-754-4173 or via email at pa.108arw@njmcgu.af.mil.

Thanksgiving Safety



Courtesy of the 108th Safety Office

With fire-wise common sense, you can make sure tragedy does not come between you and the festive holiday you have planned. Follow these fire prevention tips to help you and your family have a safe and happy Thanksgiving.

- Keep your family and overnight guests safe with a working smoke detector on every level of the house, in every bedroom, and in the halls adjacent to the bedrooms. Test smoke detectors monthly and replace batteries at least twice a year.

- Overnight guests should be instructed on the fire escape plan and designated meeting place for your home.

- Be sure to have a fire extinguisher available not more than 10 feet from the stove, on the exit side of the room.

- A 2-1/2 lb. class ABC multi-purpose dry chemical extinguisher is recommended. Know how to use your fire extinguisher.

- Start your holiday cooking off with a clean stove and oven.

- Keep the kitchen off-limits to young children and adults that are not helping with food preparations to lessen the possibility of kitchen mishaps.

- When cooking do not wear clothing with loose sleeves or dangling jewelry. The clothing can catch on fire and the jewelry can catch on pot handles, causing spills and burns.

- Cook on the back burners when possible and turn pot handles in so they don't extend over the edge of the stove.

- Never leave cooking food

unattended. If you must leave the kitchen while cooking, turn off the stove or have someone else watch what is being cooked.

- Keep Thanksgiving decorations and kitchen clutter away from sources of direct heat.

- Candles are often part of holiday decorations. Candles should never be left burning when you are away from home, or after going to bed. Candles should be located where children will not be tempted to play with them, and where guests will

not accidentally brush against them. The candleholder should be completely noncombustible and difficult to knock over. The candle should not have combustible decorations around it.

- If smoking is allowed inside, provide guests with large, deep ashtrays and check them frequently. After guests leave, check inside, under upholstery and in trashcans for cigarette butts that may be smoldering.

Say What?



Courtesy Photo

This will be the last *Say What?* column to be run in *Wing Tips*. If you have any questions or comments regarding *Wing Tips* please send them to pa.108arw@njmccgu.af.mil.

"Thank you Lord, this is the biggest mug of beer I've ever seen!!!"

-Lt. Col. Mike Smith, MXS Commander



Happy Holidays from the 108th ARW!

